



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# MENTAL HEALTH FIRST AID

Register for one of the  
dates below or schedule a  
training for your  
community

[MHFA-KS@DCCCA.org](mailto:MHFA-KS@DCCCA.org)

<https://www.dccca.org/kansas-mhfa/>

## 2023 Virtual Trainings:

April 27, 2023 (Adult)

May 2, 2023 (Youth)

June 29, 2023 (Youth)

August 31, 2022 (Adult)

October 26, 2023 (Adult)

All trainings: 8:30 a.m. – 4 p.m.

## WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

On average,

**123**

people die  
by suicide  
each day.

– American Foundation  
for Suicide Prevention

From 1999 to 2016,

**630,000**

people died from  
drug overdose.

– Centers for Disease Control  
and Prevention

Nearly

**1 IN 5**

U.S. adults lives with a  
Mental Illness.

– National Institute of Mental Health  
via the National Survey on Drug Use and  
Health and the Substance Abuse and  
Mental Health Services Administration

## THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

## WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

## WHAT IT COVERS

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care

The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

To find out more about course dates and to register for a course in Kansas email [MHFA-KS@DCCCA.ORG](mailto:MHFA-KS@DCCCA.ORG)